Stay Alive Longer!

Your Mind Can Make You Well

By LELORD KORDEL

In America there are more than ten million mentally ill people. Half a million hospital beds are filled by mentally ill patients.

One out of every 12 children born this year will suffer during his lifetime a mental illness severe enough to send him to the hospital.

Doctors find that most individuals have minor emotional disturbances, which too often go unrecognized. Many productive persons continuously maintain a chronic neurotic adjustment to life.

These people flood the doctors' offices with their psychosomatic illnesses. Nearly 60 per cent of all patients who consult doctors do so for complaints attributatble primarily to emotional disorders.

Your mind can make you well . . . or it can make you ill, both mentally and physically.

Headaches, abdominal pain, diarrhea, nausea, vomiting, rapid heartbeat, shortness of breath, blurring of vision, and paralysis are just some of the symptoms caused by mental worries and anxieties. Your emotions affect, favorably or unfavorably, the functioning of practically every organ of the body.

Anger Causes Ulcers

Emotions, stress, and tension are the common causes of headaches. Resentment can prevent food from entering your stomach or from being properly digested. Disgust can bring on skin rashes, long after you've forgotten all about the emotion. A guilt complex can lead to distraction, carelessness, and accidents. Anger, particularly self-anger, can cause ulcers. Anxiety produces heart and blood disorders, and is often the cause of diarrhea.

The problem of mental health must be attacked by considering the total environment; the community, the schools, the home. And since the major part of a man's life is spent in business, that part of his life must not be ignored.

Evidence now exists that as many as 80 per cent of mental patients, given adequate and intensive treatment, can be discharged during their first year of such treatment. How much mental illness might be prevented by the correction of glandular and organic difficulties and by proper nutrition!

The wrong diet, wrong thinking, and wrong living can upset the entire glandular system; your health, your personality, and even your physical appearance can be drastically affected. Years of uninterrupted malnutrition contribute to a gradual slowing down in the brain and nerve functions, and a lack of certain vitamins in the body can bring on severe mental disorders.

Childish Reactions

Dr. Hans Selye, of Montreal University, tells us: "Even the well-fed body will suffer if you continue to generate emotional stress by trying to meet adult problems with childish reactions."

The immature attitudes and psychological mechanisms of mental ill health include the following: (1) avoidance of unpeasant situations, (2) daydreaming, (3) rebellion against society 4) an inferiority complex, (5) a superiority complex and (6) sex conflicts.

Accept your physical and intellectual handicaps. Then plan a satisfactory life inside these limitations. Don't use your handicaps as an excuse for not attempting some useful and satisfactory work. First, take stock of your assets. Next, turn your efforts in directions likely to afford you the greatest degree of personal satisfaction and accomplishment.

Learn to maintain a steady balance between the two opposing, instinctual forces — love and aggression. These two primitive drives meet and become inextricably entangled with each other in our psychological life.

Love is necessary to our emotional health. Lacking it, we destroy our marriages, ruin our careers, and impose intolerable burdens of frustration and despair upon ourselves and those around us.

Real Love Selfless

Real love is selfless love. Its quality is measured, not by its emotional intensity but by its lack of possessiveness. Do you value your own freedom? Of course you do! But can you love another without imperilling her freedom? It's your right to be an individual, to have privacy of mind and spirit, but you must allow that same privilege to the one you love.

The surest test of your mental health lies in your answers to the following questions. Think them over, and when you can answer all of them positively, you'll have attained the standard of mental health that all of us desire.

1. Are you optimistic and confident?
2. Do you experience a joyous sense of well-being?
3. Do you look forward to tomorrow? To next week? To next year?
4. Do you make plans and never doubt but that you'll succeed in them?
5. Do you find life interesting . . . exciting . . . crammed with possibilities of adventure?
6. Do you expect good to come to you?
7. Do you go forward to meet new people eagerly, expecting to like them and to have them like you?
8. Is your chagrin over your mistakes and failures transitory?

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Tomorrow: Proteins Are Your Key to Success. How to eat for health.

Arbutus

Mrs. E. Bolt and Mrs. D. Benbow were welcomed to the Arbutus Toastmistress Club with installations ceremonies conducted by Mrs. O. Ker assisted by Mrs. G. Wilkinson.

Mrs. J. Gillis as toastmistress planned a program in the form of a radio broadcast in which all members participated.

It's Welcome Home for the Sailor

Welcome home for Lt.-Cmdr. Harry Wade who arrived here aboard HCMS Ottawa is given by his family, from left, Ian, 3½; Mrs. Barbara Wade; Barbara, 3½; Patricia, 9; and Christopher, 7. Cmdr. Wade travelled to Halifax where he joined the Ottawa as executive officer for trip home via Panama. New destroyer escort is first of four transferring to Pacific Command. The Wades live at 56A Wilfert Road, Colwood.—(Colonist photo.)

Consumers' Association Show

Riotous Colors on Cotton

One would think that Van Gogh, Gauguin and Cezanne were alive and busily painting riotous, sunshiny colors on cotton for this year's spring and summer creations.

The Impressionist school was much in evidence at this week's fashion showings at the Hudson's Bay Douglas Room.

Sponsoring the cotton display by Joan Blanchard, of a national textile company, was the Victoria branch of the Canadian Association of Consumers.

MONTHS AHEAD

Women, still dressed in heavy winter wear and raincoats, were transported months forward as the mannequins paraded in bare shoulders and legs.

Mrs. Blanchard, looking like Ava Gardner and wearing a gay cotton print sheath and petalled hat, introduced the first outfit — a dream-mist, green, opaque negligee and nightie, lavishly trimmed in lace.

DREAM-TIME

Also in the dream-time department was a lounging outfit of blue print over solid blue, a Hawaiian-inspired muumuu looking for all the world like granny's nightgown, a housecoat straight out of Madame Butterfly in a yellow print with butterfly sleeves and a waist-hugging cummerbund ending in a back bow.

The beauty of the garments shown was that each could be made up from simple patterns in nearly any new cotton fabric by the average seamstress.

FUN IN THE SUN

For fun in the sun, the ensembles varied in everything but good looks and fabrics—they were all types of cotton.

Colors of lime-green, Chinese red, mandarin orange were splashed all over the short shorts, Jamaican pants, sun and play suits.

One outfit, modelled by Helen Biernes with her long hair in a fetching pony tail, was a gold bathing suit topped with a white and black fringed poncho with a gold, blue and red ball motif.

SLIM, SMART

Dresses were slim and smart with belts to emphasize bosoms and waists the rule rather than the exception this year.

Mrs. Blanchard offered her audience some advice on the washing of polished cottons—use lukewarm water and pure soaps rather than detergents and the clothes will keep their sheen longer.

Showings will be held again today at 10.30 a.m., 2.30 p.m., and 7.30 p.m., and on Saturday at 10.30 a.m. only.

NOTHERN CENTRE

Yellowknife in the Northwest Territories is the only community north of the 55th parallel of latitude with more than 3,000 population.

Show Helped Furnish Minto Hospital Ward

More than $1,000 passed through the books of Ganges Chapter, IODE, it was reported at the group's annual meeting recently.

Main fund-raising affair of the chapter, a rose and summer flower show, marked the centennial year and helped furnish a private ward in the new Lady Minto Hospital. Vice-president of the provincial chapter, Mrs. Tom Lumsden, opened the show.

A $50 scholarship was given to a local high school graduate and books, games and magazines for the adopted school at Tatlayoko.

The chapter voted $25 towards books for the library of the Ganges High School.

Mrs. H. C. Giegerich was re-elected regent of the chapter.

Buchan - Wright

Double Guard Honors Pair

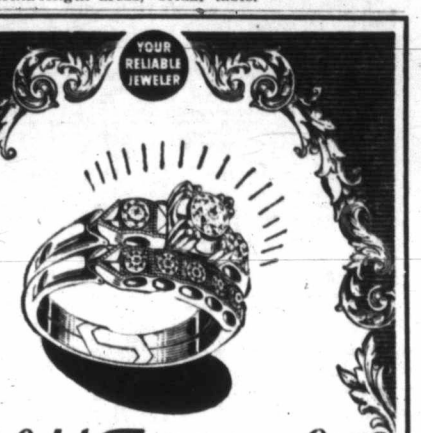
Newlyweds Mr. and Mrs. Kenneth George Buchan passed through two guards of honor, fellow members serving with the groom in the Princess Patricia Canadian Light Infantry, and members of the Servers Guild of Christ Church Cathedral when they left the Cathedral following their marriage at which the Rev. Dean Brian Whitlow officiated.

The bride, the former Vanessa Irene, daughter of Mr. and Mrs. F. H. Wright, 1236 Faithful, was given in marriage by her father. She wore a white ballerina-length dress, the bodice fashioned of lace and the full skirt of net over taffeta. Her chapel veil misted from a seed pearl headpiece that matched her choker and she carried a white Bible topped with pink rosebuds and white carnations

The groom, son of Mr. and Mrs. W. M. Buchan, had Mr. James Page Hill as best man and both wore PPCLI dress blues.

A reception was held at the home of the bride's parents where decorations were carried out in pink and white and a two-tiered cake centred the bridal table.

YOUR RELIABLE JEWELER



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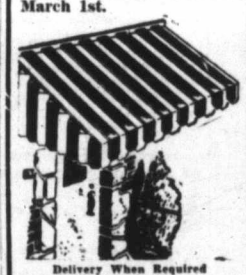

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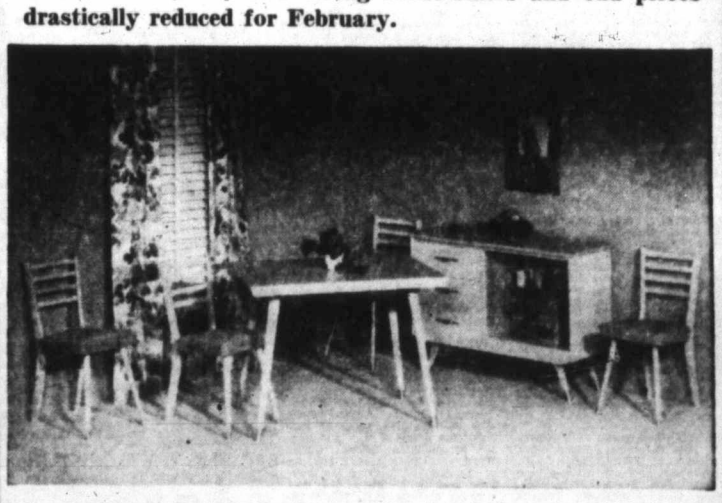

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